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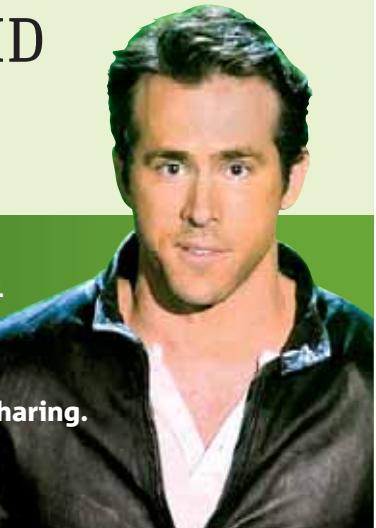
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FRESHLY COOKED
CRAB DRESSES UP
ANGEL HAIR PASTA
RECIPE {page 23}

NEW HOTTIE? REYNOLDS SAID TO BE DATING THERON {page 16}



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Thursday, July 14, 2011
www.metronews.ca



News worth sharing.



City-owned Starbucks stirs up questions

- Servus Place location unfair competition: St. Albert councillor
- City plans to use profits to offset recreation centre annual deficit

Trouble is brewing over plans for a new Starbucks in St. Albert.

Council voted last week to open a city-owned location later this year at Servus Credit Union Place, a multi-purpose recreation facility.

Christine Rasmussen, general manager of the Sturgeon Valley Athletic Club, said the move is a "slap in the face" to businesses not consulted.

The club has been serving Starbucks for four years.

"It just seems inappropriate that after private individuals have put forward their own capital, the city is getting into the coffee business," said Rasmussen.

Council voted on the issue July 4, and the papers were signed at Starbucks head office in Seattle two days later, said Coun. Malcolm Parker, who requested to see the documents and hopes

to see them this week.

But according to the City of St. Albert, the alternate revenue will be beneficial, as a projected average profit of \$90,000 per year in the first five years will be applied to the Servus Place deficit.

Coun. Cam MacKay is worried about using taxpayer dollars because there is a "fair amount of risk involved."

"This isn't something people expect a municipal government to get into," he said. "Typically this is an area the private sector would serve quite well."

There are other Starbucks locations in St. Albert, along with Second Cup, Tim Hortons and independent coffee shops. Parker said there are plans for a new Tim Hortons a mere block from Servus Place, while another shop is scheduled to open nearby.

● HEATHER MCINTYRE

Agreement details

► Council voted to use \$280,000 from city reserves to obtain the licence and equipment, as well as to do the renovations.

► On July 5, the City of St. Albert issued a release stating council "gave the go-ahead to city administration to enter into a 10-year agreement with Starbucks Corporation to open a Starbucks licenced store in Servus Credit Union Place in November 2011."

► There is a Skybox Grill and Booster Juice already operating at Servus Place.

Residents seek answers

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Analyst says battered BlackBerry maker RIM needs to impress with new products. Video at [metronews.ca](#)

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Sun sets on BMO landmark

► Last-ditch attempt by Edmonton Historical Board fails to save 1963 building ► Work has already begun on new plans, owner says



HEATHER
MCINTYRE
@METRONEWS.CA

The 48-year-old Bank of Montreal will not meet the half-century mark.

A council committee yesterday decided not to save the landmark at Jasper Avenue and 101 Street.

"The time is to move on," Mayor Stephen Mandel said. "I think the project looks great. We need to rekindle that area downtown."

The building, which owner GE Capital Real Estate plans to demolish, has been vacant for 12 years.

GE representative Nicholas Lagopoulos said there has been interest from tenants in what will be a new two-storey structure and underground

Slice of history

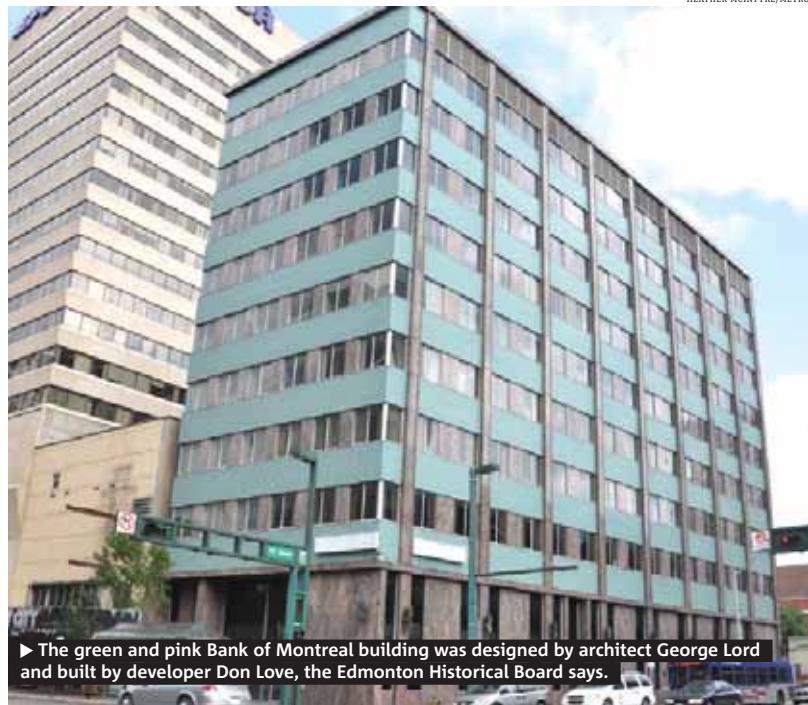
- Preservationists launched an online social-media campaign after a demolition permit was issued mid-June.
- Buildings can be designated as historical resources only if they are 50 years old, the Edmonton Historical Board says.

parking.

"All of these tenants are attracted to the design currently being proposed," he said.

The city could have served a notice of intention to designate the building a municipal historical resource, not allowing any alteration for 120 days.

"We're going to do to the



► The green and pink Bank of Montreal building was designed by architect George Lord and built by developer Don Love, the Edmonton Historical Board says.

next generation of buildings what we're doing to our last generation of build-

ings," said Coun. Ben Henderson, who said he has been asking about the

building for years. "We're going to be bemoaning the fact that they're gone."

Miss Teen Canada excited about 'so many opportunities'

Nakita Kohan emerged from her first beauty pageant as Miss Teen Canada International last Friday.

"It's nice to win, but there are so many opportunities that go with it," said Kohan, 15, who lives in Edmonton. Among them is working with Teddy Bears of Hope, one of two chari-

ties she'll ambassador.

"I want to do something with my life and find an equal balance between school and the title," said Kohan, who starts Grade 10 this fall.

For more on Kohan's new role, go to [metronews.ca/edmonton](#).

► NAKITA KOHAN



► Nakita Kohan won a \$10,000 scholarship.

News in brief

System offers better air info

SMOG ALERT. Alberta has adopted a modified federal air-quality health index to provide timely and relevant information by using a scale of 1 to 10 to determine risk. There is also a forecast compo-

nent. Go to [airquality.alberta.ca](#). ● METRO

City fifth in parking rates

JUST TAKE MY WALLET. Edmonton is the fifth most expensive place to park in Canada, a survey says, but a median monthly rate of \$275 has not changed from last year. Calgary is the most expensive at \$472.50. ● METRO

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Karzai weeps over slain brother

► Streets of Kandahar were empty and most shops closed in anticipation of a bloody backlash over the killing of president's sibling

A heartbroken Hamid Karzai stood weeping in his murdered half brother's open grave in Kandahar yesterday as one of southern Afghanistan's mightiest power brokers, felled by the point-blank bullets of a confidante-turned-assassin, was laid to rest.

Beyond the confines of the sprawling government guest house where the Afghan president was grieving, however, few were shedding a tear for Ahmed Wali Karzai.

"My message to the Tal-

iban, my brothers, is that they should stop killing their own people," president Karzai told the gathered mourners.

Beyond the walls of the compound known as Mandigak Palace, an eerie silence fell over a city gripped with the fear of retaliatory violence following Tuesday's assassination, which was carried out by a close Karzai associate.

The streets of the provincial capital were empty and most shops closed in anticipation of a

"Anyone can kill, but real men are the ones who save lives."

AFGHANISTAN PRESIDENT HAMID KARZAI

bloody backlash — a testament to the power Karzai, a political kingpin, wielded when he was alive.

Few in Kandahar city were untouched by his influence and business dealings, which is why he was so deeply respected and even feared, said Amatullah, a baker in the city's

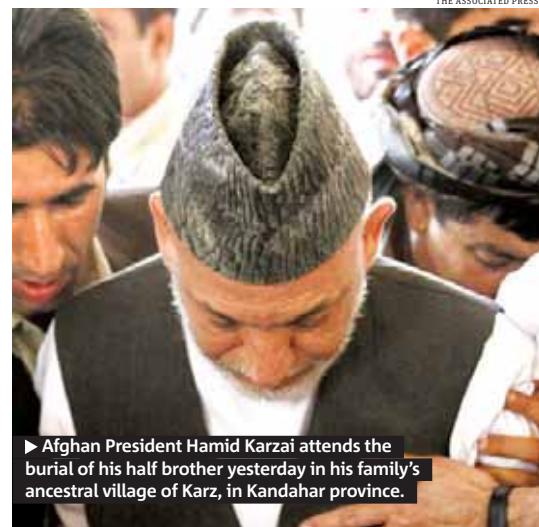
commercial district.

Asked whether Ahmed Wali was loved, Amatullah's gaze fell to the ground.

"No, I don't think so," he said. "No one was sorry, because of his character."

Known by his initials AWK, Karzai practised a bare-knuckle style of politics viewed by many ordinary people as intended to benefit primarily himself and his brother, rather than Kandahar province itself.

THE ASSOCIATED PRESS



► Afghan President Hamid Karzai attends the burial of his half brother yesterday in his family's ancestral village of Karz, in Kandahar province.

THE ASSOCIATED PRESS

Mumbai rocked by explosions



► A bomb squad member collects evidence at the site of an explosion at Dadar in Mumbai, India, yesterday.

RAJANISH KAKADE/THE ASSOCIATED PRESS

Co-ordinated bombings

RUSH HOUR. Three co-ordinated bombings tore through the heart of India's busy financial capital during rush hour yesterday, killing at least 21 people in the worst terror attack in the country since the 2008 Mumbai siege. The attacks came just months after peace talks resumed between India and Pakistan.

THE ASSOCIATED PRESS

"India is not going to cow down. Let those perpetrators of this terror remember, we will find them and Inshallah (God willing) we will give them the justice that India believes in."

CABINET MINISTER FAROOQ ABDULLAH

Blast timeline

MARKET. The first blast struck the Jhaveri Bazaar at 6:54 p.m., tearing through the famed jewelry market. A minute later, a blast hit the busy business district of Opera House, several kilometres away in southern Mumbai.

At 7:05 p.m., the third bomb exploded in the crowded neighbourhood of Dadar in central Mumbai, police said.

THE ASSOCIATED PRESS

Refusing to point fingers

ATTACKS. Indian officials refused to speculate on who might be behind the blasts.

Past attacks have been blamed on Pakistan-based militants, and Indian officials have accused Pakistan's powerful spy agency of helping co-ordinate and fund some of those strikes, including the Mumbai siege.

THE ASSOCIATED PRESS

Responsibility

► **Terrorist group.** A U.S. official said there are no claims of responsibility, or firm indication of which terrorist group might be behind the attack yet. The official spoke on condition of anonymity to discuss matters of intelligence.

► **Killed.** Prithviraj Chavan, the top official in the Indian state of Maharashtra, where Mumbai is located,

said the blasts killed 21 people and wounded 141 others.

► **Major attack.** The blasts marked the first major attack on Mumbai since 10 militants laid siege to India's financial capital for 60 hours in November 2008. That attack, which targeted two luxury hotels, a Jewish centre and a busy train station, killed 166 people and escalated tensions between India and Pakistan.

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Boyfriend killer sent back to jail

► Father says he shot daughter's boyfriend to save her from drugs ► Sentence brings some closure to 2 families

A Saskatchewan father who said he shot his daughter's boyfriend to save her from drugs is going back to jail.

It's an apparent end to a long and emotional legal battle for two families.

Kim Walker, 54, was sentenced yesterday to eight years in prison after a jury found him guilty of manslaughter in the 2003 death of James Hayward.

Justice Ellen Gunn in Yorkton deducted six and a half years for the more than three years Walker has already spent in jail. He'll serve another 18 months.

Court heard during the trial in May that Walker shot Hayward five times — and then leaned down and drew a bloody cross on the dying man's forehead.

Jadah Walker was 16 when she moved into Hayward's home in Yorkton. He was 24.

Court heard that Walker feared for his daughter's life as well as his own.

He testified that Jadah was doing drugs after moving in with Hayward. He had tried to get police and



► Kim Walker

school counsellors to help, but no one did.

At one point, Walker petitioned to have his daughter held for 72 hours in a psychiatric ward. By then her weight had dropped to about 95 pounds from 135.

She went back to Hayward's house shortly after she was released — the day of the shooting.

Jadah Walker testified that Hayward was a "bad influence" on her life — he

sold drugs and injected her with morphine. She also testified that Hayward had threatened her parents.

She said her father came to Hayward's house on the day of the shooting and pleaded with her to come home.

She said Hayward yelled at her father to get out of the house. That's when her dad grabbed his gun and started firing, she said.

Both the Walker and Hayward families seemed relieved with the sentence.

"As long as he's back in jail, I'm OK," said Hayward's mother, Lorrie Getty.

Jadah said: "Personally I think that's a huge victory for my family."

"I'm a little bit unsatisfied that he has to go back in, but given that she's crediting him for six and a half years is phenomenal."

"And you know, 18 months, we can work with 18 months."

Defence lawyer Balfour Der argued that Walker acted in self-defence.

"I think the sentence is too high for this man in these circumstances. He should have got the minimum as far as I'm concerned," he said.

Der said Walker has 30 days to decide if he wants to appeal.

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► Workers inspect the burned-out shell of a crashed plane in Recife, Brazil, yesterday.

OTAVIO DE SOUZA/THE ASSOCIATED PRESS

Sixteen die in fiery plane crash

A woman passenger pleaded for help and gestured through a window to onlookers after a small airliner crash-landed in Brazil yesterday. But the aircraft burst into flames before aid could arrive. All 16 people on board were killed. The twin turboprop aircraft reported problems after taking off from Recife.

Raccoon case eased

Morning drama

- Neighbours awoke June 1 to the sounds of a man attacking a family of raccoons with a shovel, police say.
- Officials say one baby raccoon suffered some broken toes and was taken to a wildlife rehabilitation centre to recover.
- The mother raccoon took the other babies away.

The Crown is pursuing lighter charges than it could seek against a Toronto man who allegedly beat a family of raccoons in his backyard.

Dong Nguyen faces charges of animal cruelty and possession of a weapon for a dangerous purpose.

Crown lawyers told

court yesterday they are working with the charges as summary offences rather than indictable charges. Indictable offences would allow for greater punishment.

Nguyen, 53, could serve a sentence of no more than 18 months if convicted of animal cruelty.

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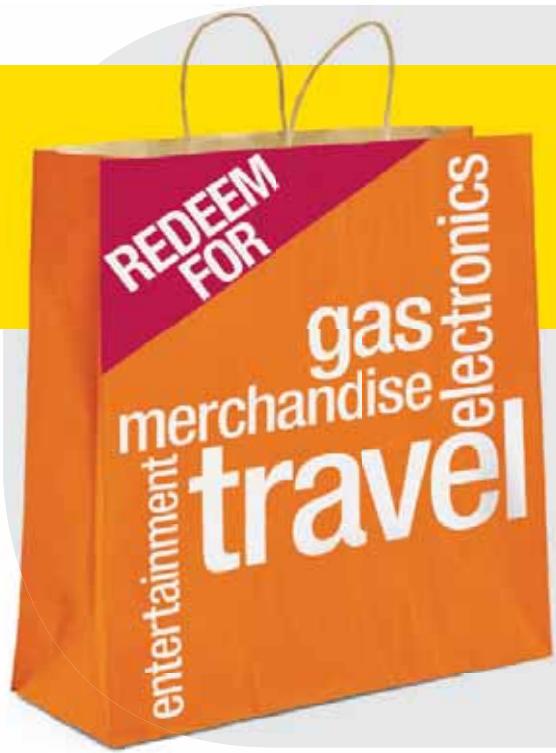
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Google faces off

► Google co-founder and CEO Larry Page has made social networking a top priority ► Accessing social data could help Plus rise to the top, say analysts

Google didn't build its new Plus service simply to have an online hangout like Facebook.

Rather, Google's new social-networking endeavour is trying to gain valuable insights into people's lives and relationships. This could help the company do a better job of targeting ads so that advertisers would pay more and have less reason to spend on Facebook.

If it succeeds, Plus represents Google's best shot yet at muscling into a market that has threatened to topple the Internet search and advertising leader, as Facebook leads the way in making the online world social.

On the surface, Plus is reminiscent of Facebook — with a Google touch. It lets

Market moment	
TSX	Dollar
+ 90.86 (13,324.94)	+ 0.70¢ (104.2¢ US)
Oil	Natural gas
	1,000 cu ft \$4.32 US (+ 1.1¢)
+ \$0.62 (\$98.05 US)	Gold contract \$1,585.50 (+ \$23.20)

people share photos and status messages, chat with friends and acquaintances and follow news updates. A prominent feature called circles allows users to or-

ganize the people they interact with into groups, such as family, close friends or fishing buddies. Users can choose to share things only among certain circles.

Google Plus is still in a restricted, test phase. Only time will tell if it takes off among the broader public or if it's too little, too late to face off with Facebook and Twitter on the social front.

Response to Google Plus has been positive. But that's no guarantee for success.

"Google needs to have a social strategy that is relevant to Google and the way people use Google applications," said Susan Etlinger, analyst at Altimeter Group. "That's very different from how people use Facebook."

THE ASSOCIATED PRESS

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Pulling. Strings



► A demonstrator from Avaaz, a global campaigning group, wearing a Rupert Murdoch head, holds a puppet of Britain's Prime Minister David Cameron, in front of the U.K. Parliament in London yesterday.

SANG TAN/THE ASSOCIATED PRESS

Media mogul backs down on bid

In a stunning retreat, Rupert Murdoch's News Corp. dropped its bid yesterday to take full control of British Sky Broadcasting during what the prime minister called a political and media "firestorm" over phone hacking at one of the media baron's U.K. newspapers. Murdoch stepped back from making potentially his biggest, most lucrative acquisition, accepting that he couldn't win British government approval of the takeover since the country's major political parties are united against it.

Pressure on for RIM?

BlackBerry maker Research In Motion will have to deliver strong new products and financial results to counter doubts about its future prospects, analysts said yesterday.

"Unless we see positive buildup in market share and positive sell-through of smartphones and tablet PlayBooks, I think for us it's going to be a matter of standing on the sidelines," said technology analyst Sameet Kanade of Northern Securities Inc. "They have gone in four years from be-



► RIM's tablet, the PlayBook.

ing a leader to a reactor."

Shares in RIM dipped in trading a day after co-chief executives Jim Balsillie and Mike Lazaridis admitted

that it could be doing better, but remained upbeat that new high-end BlackBerrys will drive stronger results. THE CANADIAN PRESS

Air Canada fails in French

Air Canada will have to pay \$12,000 to an Ottawa couple because it failed to offer them services in French.

A Federal Court judge has also ordered the airline to apologize to the duo.

The case arose out of trips the couple took to

the United States.

The judge decided against imposing punitive damages, saying Air Canada has tried to meet its obligations under the Official Languages Act. Still, the court said the airline has to make every effort to fulfil its obligations.

Air Canada is also required to come up with a system to identify and track violations of its linguistic obligations.

THE CANADIAN PRESS

Ram is recalled

Chrysler is recalling more than 242,000 Ram pickup trucks because of a steering problem. The recall affects Ram 1500, 2500 and 3500 pickups from 2008 to 2011. The National Highway Traffic Safety Administration says that a part near the left wheel can fracture and cause loss of steering control. THE ASSOCIATED PRESS

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HE SAYS ...

JOHN MAZEROLLE
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I hate to boast, but the fact is I play sports with an incredibly consistent level of mediocrity.

I'm not good or bad. I'm just there.

Tennis? Running? Ball hockey? Average, average, average.

And I love it.

Want to take me on? Well, son, you best stand back at a moderate distance because I'm about to get all middling on your ass. I'm not just mean. I am THE mean.

You say you're average too? Well then, step up, and we'll find out what happens when the undistinguished force meets the intermediate object.

As you can see, it's easy to get my competitive juices flowing, even if those juices are of no-name-brand quality. I have the killer instinct, just no weapons to kill with.

At first blush, it probably seems strange that I have a viciously competitive attitude toward sports when they usually leave me blushing, period. How can I play so happily when I know I'm so very so-so?

It's simple: I like adventures and want to be part of one, even if I'm just a background character.

Sports are just storytelling in real time, and not everyone can be Indiana Jones. Some of us are just University Student, Bad Guy No. 2, or Guy Who Gets His Head Run Through By A Spike.

Any part in the story will do.

It's a natural urge, to want your life to be a grand adventure. But it's hard to pretend I'm a superhero when the hardest decision I

face is deciding how many times a pair of jeans can be re-worn before washing, so I instead play sports — make-believe for adults.

One day, for instance, I can look back on a friendly tennis match and recount it like I'm some epic warrior, even if it's the tale of when I had each of my limbs hacked off by a much better warrior who had this amazing overhand broadsword.

As a mediocre player, I have a small part to play in the narratives of players both better and worse. Just starting to play tennis? Make reaching my skill level a short-term goal! A slightly above-average runner? You'll feel like a world-beater when you blow by me! I'm an inspiration!

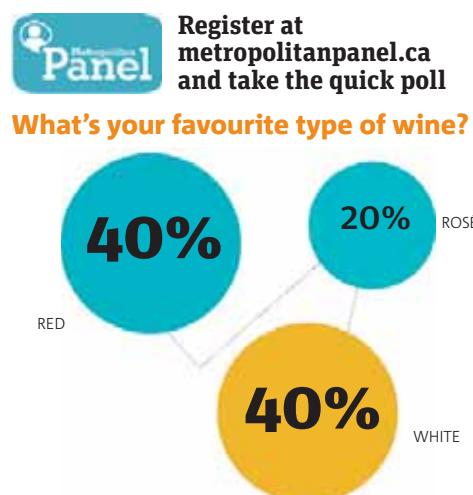
So this one goes out to all the mediocre athletes out there. The third-line left-wingers, the soccer fullbacks, the right-fielders batting eighth. I stand with you, here in the middle of the road, ready to offer all the support I can muster. An average amount, of course.

.....
Read more of John Mazerolle's columns at metronews.ca/hesays



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Local tweets



- **@Jpar25:** I'm excited to wear shorts and flip flops next summer #yegweather
- **@CommonSenseSoc:** Curious... would it be illegal to trap like 10,000 mosquito's and release them at a #yeggc meeting?
- **@Dennis80:** Ugly day for exercise but at least the #yeg rivervalley is looking good this time of year.
- **@blitzpatrick:** Front door opened and closed twice for trip to mailbox at 11:30=late night mosquito roundup in kids room. 5 so far. #yeg #notsleeping
- **@YEGFoodGuide:** Only 11 and I'm starving. May need to duck out for an early lunch. #yeg #yegfood

Worth Mentioning

WHAT'S BUGGING YOU?
What do mosquitoes like more than clean, human skin? Stinky socks. Scientists think the musky odour of human feet can be used to attract and kill mosquitoes that carry deadly malaria. The Gates Foundation announced yesterday it will help fund one such project in Tanzania.

The traps could provide the first practical way of controlling malaria infections outside.

Dutch scientist Dr. Bart Knols first discovered mosquitoes were attracted to foot odour by standing in a dark room naked and examining where he was bitten, said Dr. Fredros Okumu, the head of the research project at Tanzania's Ifakara Health Institute. But over the following 15 years, researchers struggled to put the knowledge to use.

Then Okumu discovered that the stinky smell — which he replicates using a careful blend of eight chemicals — attracts mosquitoes to a trap where they can be poisoned. The odour of human feet attracted four times as many mosquitoes as a human volunteer. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Snake warrants double take at Ukrainian zoo

A two-headed snake has gone on display at a zoo in southern Ukraine.

The "Skazka" (Fairy tale) zoo in the Crimean city of Yalta on the



Black Sea said yesterday that the albino California Kingsnake has two heads that think, react and eat separately, though one is more passive than the other.

Dmytro Tkachov, a zoo worker taking care of the snake, said he puts a barrier between the heads when feeding the snake lest one eats the other.

The snake will be on display at the zoo until mid-September. The zoo would not provide further details. **THE ASSOCIATED PRESS**



Tickle the taste buds

► Taste of Edmonton attracts 500,000 people every year ► Discounted tickets are available

BACKSTAGE PASS

JENNIFER LARAWAY
METRO EDMONTON



Once an intimate city affair, Taste of Edmonton has grown to internation-

al acclaim.
How did organizers pull that off with a few culinary delights?

For starters, General Manager Giuseppe Albi and his team are prepared for anything, especially considering this event

takes place outdoors in Churchill Square for 10 unpredictable days.

Planning for the event, which attracts 500,000 people annually, starts while the current Taste of Edmonton is on.

"One of the things we are noticing is that the city is changing," says Albi. "So, we are looking for new attractions to add."

Amongst the changes this year: a new start date and a second festival to look forward to.

Taste of Edmonton now opens on July 21, right after the Capital EX Parade and ends the following Saturday (July 30).

Details

What you need to know

► **The event** Taste of Edmonton has new dates this year: July 21 – 30. The menu serves everything from beer and wine to hurricane potatoes and tiramisu. Vendors open from 11 am – 11 pm daily.

Advance tickets are available until July 20 and will get you 10 per cent off when you buy 30 tickets or more.

Otherwise, tickets are only \$1 and most items

cost 1 – 3 tickets.

Revenue is especially important for organizers this year, Albi explains, as funds are needed to not only cover Taste of Edmonton but to launch a new event this winter: METROPOLIS Edmonton International Winter Festival.

Embracing change is part of what's led to the international acclaim of Taste of Edmonton. Twenty-seven years ago, founder Earl Krausert was inspired by a similar festival during a trip to Chicago.

He brought his ideas back home and a Taste of Edmonton was born.

That's quite the souvenir.

What started as a three-day event quickly blossomed into a 10-day affair.

Now, Albi says it takes "over 250 volunteers and 20 seasonal staff" to pull off the culinary marathon.

Vendors are salivating to be part of the big event too.

"We have people and restaurants approach us year round," Albi says.

They are part of what contributes to making the festival bigger and better each year.

Taste of Edmonton kicks off in Churchill Square next week.



He's back



The former governor of California will return to acting with a starring role in the Lions-gate film *Last Stand*. Arnold Schwarzenegger will play a border-town sheriff who unwittingly finds himself battling a notorious drug kingpin on the run.

THE ASSOCIATED PRESS

PM Harper trying his hand at acting

Prime Minister Stephen Harper portrays a clueless cop in an upcoming episode of the Victorian-era detective series *Murdoch Mysteries*.

Citytv says the prime minister makes the cameo appearance in an episode that airs July 20.

The story centres on the murder of a former de-

fence minister and a mysterious letter signed by Canada's first prime minister, Sir John A. MacDonald.

Harper plays desk Sgt. Armstrong, "a seemingly

imperceptive man" who doesn't recognize then-prime minister Wilfrid Laurier when he walks into the police station.

THE ASSOCIATED PRESS



New prelude to upcoming 'Planet of the Apes' prequel goes online

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Colombia	from 3.9 ¢/min	Pakistan	5.9 ¢/min	Philippines	11.9 ¢/min	Serbia	7.9 ¢/min		
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Teen Mom: Toddlers and tabloids

► Stars of MTV Canada's hit series struggle to raise their toddlers while dealing with tabloid attention

People tend to stare at 19-year-old Maci Bookout.

"If I go grocery shopping or something it's not that bad but on the weekends that Bentley's dad has him and me and my friends go out ... to a club or something I can tell that people are watching to see how I'm going to act or what I'm going to do," says Bookout, of Chattanooga, Tenn., mother of a two-year-old named Bentley and one of the stars of MTV's Teen Mom, a reality show about kids with kids.

Bookout and her co-stars, Farrah Abraham, Amber Portwood and Catelynn Lowell, first made their TV debut on another MTV reality show, 16 and Pregnant. The series was so successful that the network tapped them to star in the Teen Mom spin-off. Nielsen reports some 3.65 million viewers tuned in to its third season premiere on July 5.

Viewers watched Lowell and her boyfriend, Tyler, grieve over the daughter

they gave up for adoption (they maintain they made the right decision). Abraham's ups and downs with her mother (one altercation between the two led to her mom being charged with assault) and Bookout navigate co-parenting with her ex-fiance Ryan.

Motherhood has made the teens instant celebrities, with tabloids and bloggers hot on their trail at every change or rumour in their lives.

"Like moving or marriage or are we pregnant again," says Abraham, 20, who has a two-year-old daughter named Sophia.

But Abraham doesn't think having a baby should make her a celebrity or a role model for other teens. "By no means do we think, 'Oh, it's cool to be a teen mom.' I definitely don't think that it's cool."

Lowell, 19, from Port Huron, Mich., has used her celebrity to help teens become more knowledgeable about safe sex and the re-

sponsibilities of parenthood. She speaks to teens at high schools and churches about teen pregnancy and the various options available.

"All of us kind of agree on one thing. As long as the show is doing its job as far as preventing teen pregnancy and stays educational the show will continue," says Bookout.

But celebrity hasn't been as easy for all the teens, particularly 21-year-old Portwood, of Anderson, Ind., who was given probation in June after pleading guilty to two domestic battery charges against Gary Shirley, the father of her child. The incidents aired on the reality show. The following week, Shirley called 911, fearing Portwood was about to hurt herself. The reality star was hospitalized and is now undergoing treatment at a rehab facility.

Teen Mom airs Tuesdays at 10 p.m. EDT.

THE ASSOCIATED PRESS



► Maci Bookout stars in Teen Mom.

The Firm heads to TV

Juliette Lewis and Canadian Callum Keith Rennie have joined the cast of the upcoming TV adaptation of the John Grisham legal thriller The Firm.

They join a cast that already includes Josh Lucas, who stars as lawyer

Mitchell McDeere, a role previously filled by Tom Cruise in the 1993 hit film based on the book.

Production on the pilot episode will begin in Toronto this August, with David Straition (Fringe) set to direct.

The Firm is set to premiere on NBC and Global sometime in the months ahead.

THE CANADIAN PRESS

guest packing. (Global)

THE CANADIAN PRESS

Police drama turns up heat

DRAMA. Rookie Blue is poised to turn up the heat in tonight's episode. A series of arsons leads Chris and Gail to take to the streets to narrow the list of suspects, while Andy is left to deal with a widow. Soon, they're trapped together. (Global, ABC)

THE CANADIAN PRESS

TV picks

Thursday night reality

REALITY TV. What's summer without some guilty-pleasure reality TV? There's the goofy glory of Wipeout, in which enthusiastic contestants navigate difficult obstacle courses. Immediately afterwards, a new episode of Big Brother will send another house-

Perri opens her Jar Of Hearts to Metro

► Christina Perri takes over the airwaves with her hot debut album

DOROTHY ROBINSON
FOR METRO NEW YORK

Sure, Christina Perri's debut album Lovestrong landed in the Top 5 of the Billboard charts the week it debuted.

But perhaps even more noteworthy for the 24-year-old musician was the fact her double platinum first single Jar Of Hearts was performed by Lea Michele on the Prom Queen episode of Glee. Is there a bigger stamp of having made it for musicians in our new pop culture landscape? Probably not.

So now that she's overtaking the airwaves and TV sets, we had the tattooed singing sensation give us a little bit of background information.

Best piece of advice you've ever been given:

You're enough, just the way you are.

Favourite dish to cook for yourself when you're not in a rush:

My favourite thing to make is a fruit salad. I use 13 different fruits, a melon baller, and I let it marinate in its amazing fruit juice deliciousness. Yum!

What is the most repetitive question you get asked in interviews?

Does the guy you wrote Jar of Hearts about know it's about him? The answer is yes! And he thinks it's cool.

What reality show do you secretly want to be cast on?
The Jersey Shore!

What celebrity did you have a crush on as a teen?
Axl Rose and Johnny Depp

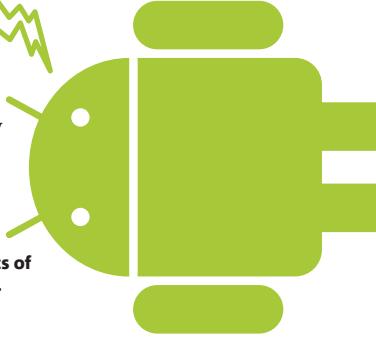
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What's the last song you listened to on repeat?
Flightless Bird, American Mouth, by Iron + Wine.

You are trapped on a desert island with a TV, a DVD player and the complete series discs of one television program. What is the program?
Full House..



She's Fergalicious

► The Duchess of York talks to Metro about her new book, Finding Sarah

Sarah Ferguson, the Duchess of York, has written a book, *Finding Sarah*, detailing her "journey to find herself" a year after she was taped by a journalist asking for cash for access to her former husband, Prince Andrew of the British royal family. She starred in a docu-series of the same name for Oprah Winfrey's OWN network. The duchess dishes with us.

In the last few days, U.K. newspapers have published highly critical articles about you and your book. Do you ever get used to it?

I've had it for more than 20 years. I can't win with them. It's not a lot of fun, but Fergie-baiting sells newspapers.

Even the U.S. media criticized some of the things you did on the OWN shows.

Dr. Phil said I was addicted to approval. He was right, and my journey in the last year taught me that. I'm recovering from the need for approval. The media can say what they like —

I've learned to live through it, and anyway the OWN series gave me friendships with Oprah, Dr. Phil and Suze Orman.

Diana would have been 50 this month. You obviously still miss her.

Bless her. I'm the only royal ex-wife out here. Without her, I'm the only one having to do it on my own — with no support structure. It's very difficult, because you are alone.

Loss is a key theme of the book. Your mother died in a car accident, your father from a long illness — and they divorced when you were young. What would you say if you could speak to them again?

That I love them, that I forgive them, that they have two wonderful granddaughters and that I'm a brilliant mum.

Do you recognize yourself on the video where you were set up by the journalist?

No. It was a crisis point for me, but I'm almost grateful because it forced me to

confront my problems. This book and the journey I undertook are the result.

You make constant references to how wonderful your ex-husband, Prince Andrew, is.

Can you ever be happy without being with him?

He is a wonderful man — my ideal, as I describe him in the book. Who knows what may happen?

• METRO



► Sarah Ferguson

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DC Comics preps fans for relaunch

DC Comics says it is prepping readers and fans for its upcoming relaunch in late summer, offering up a free guide to its multiple relaunches of comic characters and series.

The guide, DC Comics — The New 52, will be given away free starting July 20 at comic book shops and at the annual Comic-Con International in San Diego, which starts next week.

Besides a six-page preview of the upcoming Justice League No. 1 written by DC's chief creative officer Geoff Johns and illustrated by co-publisher Jim Lee, the guide will have covers for all 52 new series, sketches and details from writers and artists.

The series, which includes new takes on characters ranging from established heroes such as Superman, Batman and Wonder Woman, will also



see new costumes and background for other characters, too, such as Sgt. Rock and western bounty-hunter Jonah Hex.

At the same time, the company said it would start selling digital copies of its printed ongoing superhero titles through apps and a website the same day they're released in comic shops. THE ASSOCIATED PRESS

Celebrity tweets



This weekend, LA! Avoid Carmageddon, Gas-zilla, 405-enstein, Grid-lock-apalooza! STAY HOME. Eat & shop local!

@tomhanks

@AlbertBrooks

I think we have to start electing presidents for one six year term. Trying to get re-elected ruins everything.

@SethMacFarlane

I think little kids cry a lot because they can't have margaritas yet.

@SteveMartinToGo

I hear I'm getting a great review in News of the World next Sunday. Can't wait!

'No boys' for Demi Lovato

KEVIN WINTER/GETTY IMAGES

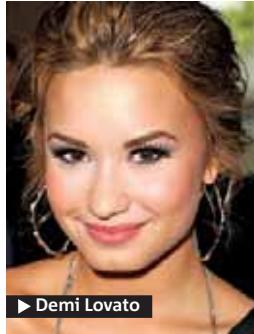
Demi Lovato is taking herself off the market.

"To be honest, right now there is no crush," Lovato says in an interview with Ryan Seacrest.

"I have a pact with my friends right now, literally no boys for X amount of days."

Lovato recently split from Wilmer Valderrama, and she previously dated Joe Jonas, who she says knew all about the "emotional and psychological issues" that landed her in rehab late last year.

"He was my best friend



for like years prior to that, so he knew about my problems," she says of Jonas.

METRO

Are you overweight or obese?

A relatively small weight loss can have a big impact on your health. Losing 5-10% of your body weight may prevent or delay the development of type 2 diabetes.

Researchers at the University of Alberta want to find out if adding an investigational drug to a program of diet and exercise can help you get your weight to a healthier range and maintain it.

If you are interested in learning more about this Clinical Trial, please contact Northern Alberta Clinical Trials and Research Centre at (780) 407-6179 or visit our website at www.nactrc.ca.

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Wedding bells for Brangelina?

► Sources say power couple finally ready to say 'I do's'

While they've resisted the urge to tie the knot during their six years together, Brad Pitt and Angelina Jolie are reportedly ready to walk down the aisle, three separate sources confirm to Us Weekly.

The ceremony could happen as soon as this summer and would likely take place at the couple's newly renovated Chateau Miraval in Correns, France, which includes a chapel on its grounds.

But despite their high profile, the wedding "would be intimate and informal," a source says.

METRO



► Brad Pitt and Angelina Jolie

JASON MERRITT/GETTY IMAGES

Forget ScarJo, Ryan has a new hottie

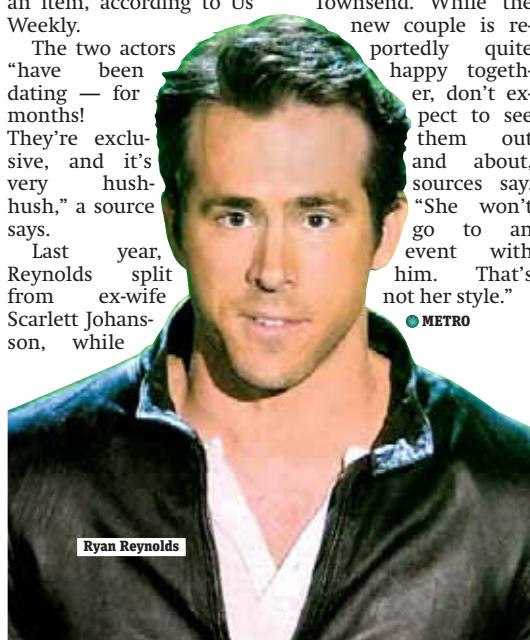
Ryan Reynolds and Charlize Theron are reportedly an item, according to Us Weekly.

The two actors "have been dating — for months! They're exclusive, and it's very hush-hush," a source says.

Last year, Reynolds split from ex-wife Scarlett Johansson, while

Theron broke up with longtime partner Stuart Townsend. While the new couple is reportedly quite happy together, don't expect to see them out and about, sources say. "She won't go to an event with him. That's not her style."

METRO



Ryan Reynolds



► Victoria Beckham

No more kids for Beckhams, friends say

Victoria and David Beckham happily welcomed their fourth child — and first daughter — earlier this week, but don't expect them to be welcoming a fifth.

Friends of the couple say baby Harper will be their last, according to People magazine.

Talking points

Apparently SJP wants us to feel sorry for her

JUST DO YOUR JOB AND GET ON WITH IT.

Sarah Jessica Parker says that, despite having plenty of experience in front of the camera, she still gets nervous at the start of each project, and her new film is no different.

"I lose my appetite," she tells Vogue.

"By Wednesday of the first week on I Don't Know How She Does It, I was sobbing. I was apologizing. I was feeling so awful and ashamed, like I had let the director down ... I'm like that two weeks into every movie." METRO

FRAZER HARRISON/GETTY IMAGES

"She was saying, 'I just want her to get here and want to be holding her in my arms — not in my belly,'" a source says of Victoria in the weeks leading up to the birth. "She had not been all that tired until the end, when it is just so hard to be active so pregnant." METRO

Building a set of bold and beautiful eyebrows

► The bushy eyebrow is the trendiest it's been since Brooke Shields rocked Calvins ► Celebrity makeup artist Serge Hodonou explains how to create the look at home

 ROMINA MCGUINNESS
METRO WORLD NEWS

Whether you want Kate Middleton's regal arches or the wild, wolf-like gaze of model Natalia Vodianova, the first step is to stop over-plucking and let your eyebrows grow. Serge Hodonou, a makeup artist in Paris whose clients include Björk and Freida Pinto, talks us through the next steps to your perfect eyebrows.

1

Identify your face shape

"You need to create proportion," Hodonou says. "On a long, angular face, a curved brow will add roundness and softness. On a more rounded face, straight brows will create a more angular, defined structure."

2

Choose the right colour

"Stick to shades of brown and stay clear of black, as this will bring harshness to the face, even on natural

brunettes," he says. "Blondes should go for a shade just a little darker than their natural colour, such as light brown."

3

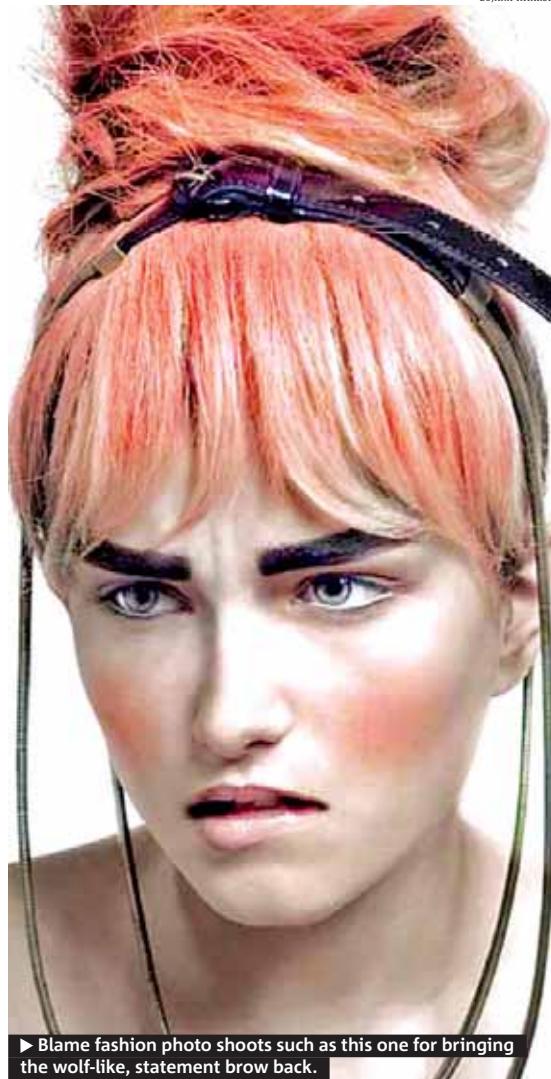
Create your shape

"Thickly draw in the shape you want with an eyebrow pencil or some loose powder. I don't use a liquid eyeliner pen because it doesn't look natural. Apply a lot of colour on the top half of the eyebrow (not under) as this will help lengthen and widen your gaze. Once you reach the tip of the eyebrow, never go too low because it will drag the eye down."

4

Tap it out

"Aim for natural, not drag queen. Tap and brush the colour using your fingers and then use a Q-tip to remove any excess. Use the Q-tip to blend in the colour and avoid graphic straight lines that look fake," he says.



SERGE HODONOU'S TOP THREE EYEBROW SHAPERS

SHU UEMURA TWEEZERS

► "Remove the hairs one by one and never wax or shave," he says.
"Remove the bottom hairs only to clean up the brow."
\$34, [shuemura.com](#)

MAC EYEBROW PENCIL

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\$15, [mac.com](#)

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Beauty pick

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Kressley doing makeovers for life

► Queer Eye star taking sharp gaze on the road, helping ordinary people change much more than their wardrobe



PHOEBE HO
LIFE@METRONEWS.CA

Once clad in Saved-by-the Bell-inspired parachute pants and keyboard ties, fashion guru Carson Kressley committed fashion faux-pas too.

"I do make mistakes and I think that's something people shouldn't be so afraid of," he said. "I'd rather see a mistake being made because someone's experimenting and enjoying the process than always being so safe and boring."

And that's what he brings with him to all the towns he visits for his new OWN network show *Carson Nation*, spicing up the lives of hardworking individuals with a little fun, style and humour. He does

what he calls "make-bettters" to help people change their lives for the better. From fashion interventions to interior design, Kressley does whatever the situation calls for.

He rolls into each town to find individuals with the most inspiring stories who could use a helping hand.

"We talk to people and local officials to find out who really needs a makeover. It's not just who has a bad perm, it's who has a great story, who's inspiring," he said. "We have amazing transformations both on the outside, but I think more importantly, on the inside."

Kressley is no stranger to makeovers, with years of experience as the host of *Queer Eye*. And from



► Carson Kressley's new show *Carson Nation* airs Mondays on the OWN network.

what he has seen, there is usually a recurring theme in all the makeovers he does.

"People just stop paying attention," he said. "You get busy with work, family or with your life, and it's

really important for people to remember that they're worth taking care of."

A good way to stay out of the rut, Kressley says, is to keep educating and inspiring yourself. Whether

it is from fashion magazines, watching runway shows or just going out on the streets to see what people are wearing – which is exactly what he does to stay up to date.

But Kressley says it's not just about transforming people on the outside. Like the story of a 61-year-old woman who had lived as a man for 58 years before having sexual re-assignment surgery.

With no experience with makeup or how to dress as a woman, Kressley helped her get comfortable in her own skin. But it was the amount of support she received that surprised him, and is just the kind of story that sums up the essence of his show.

"It was one of those eye-opening moments where it's much bigger than just

a makeover show," he said. "It's a show about our society and how people are embracing diversity, so it's pretty cool."

Carson's tips

Here are a few tips from Kressley to keep your look up to date.

- Accessories are key: a good pair of shoes, belt or a statement necklace can liven up any outfit.
- It's about mixing and matching. Don't wear one designer head-to-toe; mix vintage with new, mix high with low.
- Wear the right size, not something too big or small. The right size of clothing will fit and flatter your body.

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1 KIEHL'S CLOSE-SHAVERS SQUADRON

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2 L'ORÉAL MEN EX PERT ANTI-IRRITATION SHAVING FOAM

This hydrating glycerin-



based formula protects delicate skin from breaking out during shaving. \$5, lorealparis.com



3 KYOKU-SHV 902 SHAVE CRÈME

The boozers out there will love this one. Yes, it's infused with sake. But jokes aside, it makes for a clinical, close shave. \$34, kyoku.com



4 CLINIQUE M SHAVE

Razor burn is a drag for many men. Thankfully, Clinique's aloe ingredient soothes any raging redness. \$14, clinique.com



Men's grooming

Gillette Fusion ProGlide razor

Make light work of your dense facial follicles with the techy, Fusion ProGlide. The low cutting blades and yes, snow-plough comfort guard keep this razor on a smooth and even keel.

● RICHARD PECKETT

GILLETTE

\$11, gillette.com



Quick changes

If there were any lingering doubts about Kate Middleton taking her fashion choices seriously, this trip should put them all to rest. From the moment she boarded her private flight to Ottawa, the Duchess of Cambridge revealed a carefully chosen wardrobe, complete with 30 —yes, 30— whopping outfit changes that seemed to pay tribute to both Canada and her home country.

1 Yes, she means business—or rather, she's good for business? The Duchess of Cambridge seemed to understand the power of her wardrobe decisions by wearing a blazer by the Canadian label Smythe and a Roland Mouret dress



for her flight out of London.

2 In a move that would earn the approval of even the most jaded fashion editor, Middle-

ton slipped into an Erdem shift mid-flight for her grand entrance in Canada. Designed by fashion's newbie of the moment, Canadian-born Erdem

Moralioğlu, it was her best look of the week.

3 Should she rethink her Issa loyalty? The silk wrap dress looked tired, dated and boring.

4 This simple, collared number by Catherine Walker suited her lithe frame and the piontier shoes make a nice change from her usual solid-colored pumps.

5 There's a fine line between paying tribute to Canada and becoming a walking tourism poster girl. The maple leaf hat is way too literal. ● METRO

Hardwood floors made easy

► From oak to maple to beech – beautiful wooden floors never go out of style

DESIGN CENTRE



KARL LOHNES
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Anyone who has bought a house or condo over the last 15 years is aware of the popularity of hardwood flooring; it's often the reason we buy one home over another.

"The biggest mistake people make when choosing hardwood flooring is that they try to follow short-lived trends," says hardwood flooring expert Bill Schinas of Smithwood Floors in Etobicoke, Ont.

"Choosing a wood type

and stain colour that belongs in the architectural style of your home will allow the wood floors to last a lifetime."

Here's a few of this flooring guru's dos and don'ts when choosing hardwood.

Do: Choose a wood type that is suitable for your lifestyle. Most open-concept style homes work best with a hardwood like oak or maple. Oak tends to give a more traditional feel to the house while maple floors offer a more contemporary feel.

Don't: Choose your wood type around your decor scheme, but around the era/architecture of your home.

If you live in a modern condo, then choose a trendy

flooring choice like grey-stained maple flooring. If you're buying an art-and-crafts style home then a deep cherry wood flooring would be most suitable.

Do: Follow trends of light or dark flooring as these tend to stick around for a long time. The trend to dark wood has been around for about 10 years and slightly lighter tones are now emerging.

Don't: Choose wide planked floor boards just because they are a trend. They can make a small space feel smaller and will not suit the scale of most rooms in the new condos and homes.

Wide planked floors will always look great in either traditional or

industrial style homes.

Do: Consider stain colours like walnut as it is the most neutral of all the stain colours.

Note that cherry stains will have a more orange colour, mahogany will have more red and driftwood will have more grey (which is a big trend right now, but I think it will be short-lived).

Don't: Allow your decorator to choose your wood type and stain.

If building a house and working with a designer and architect, allow your architect to make the flooring suggestion.

They will not be as affected by trends and will incorporate the flooring choice into the integrity of



► Choosing hardwood flooring can be a difficult task.

the house's architectural scheme.

Do: Consider installing unfinished hardwood flooring.

Although there is more work to install on site, it will look more professional. The wood strip lengths

are longer and they can be sanded and stained many times over the floor's lifetime.

Pre-finished flooring often has microbevels between the planks, making it more difficult to sand and stain in the future.

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The map shows the layout of Allard Heritage Valley. It includes Anthony Henday Drive, 111 St., Ellerslie Rd., 30 Ave., 41 Ave., Cole Cres., Casselman Link, and James Mowatt Tr. A pond is located near 30 Ave. and 41 Ave. A single-family attached garage is indicated on 30 Ave. between 111 St. and 127 St. Shopping centers like 'THE CURRENTS' and 'SOUTH EDMONTON COMMON' are shown. The Edmonton International Airport is nearby.

ALLARD
Heritage Valley

The Affordable Dream

Building castles in the sandbox

► Bring a bit of the beach to your backyard ► The kids can get muddy and then play in the sprinkler

DIY IDEAS

Backyard sandboxes are an easy and inexpensive way to provide hours of fun and creativity for kids.

Building a sandbox is just one of many projects landscape contractor Ahmed Hassan has completed for his show *Yard Crashers*.

In each episode, he goes home with an unsuspecting home improvement store shopper to transform their backyard.

The Perfect Spot

Before you build anything, decide on the location and size of your sandbox.

Consider the amount of

shade for children playing, line of sight for adults watching, and drainage in your yard.

Once the position has been determined, dig a three-inch deep square hole in the area.

Build the Box

Use four pieces of 2x6 untreated or non-toxic treatment wood in the length that will fit your location.

Ensure that the natural curve of each board faces inwards to prevent warping.

Attach the pieces with nails or screws, putting them in place at three points from top to bottom along each edge.

Use garden tarp or weed-blocking tarp — not plastic tarp — to cover the

bottom of the box.

This will allow for drainage and prevent muddiness in the sandbox.

Simply lay it over the bottom of the box you have built and staple from one side to the other. Flip it over and place in the hole you have dug.

Fill the box with "play sand," available in most home improvement stores.

This is a natural product that is fine in texture and most commonly used in sandboxes.

Protect the Box

Sandboxes must be covered when not in use to prevent any foreign objects from getting inside.

This is especially impor-



► Make sure to cover your new sandbox or cats might use it as a huge litter box.

tant in neighbourhoods where local animals may decide to use it as a litter box.

To do this, simply obtain a sheet of pressure-treated plywood matching

the dimensions of your box, and drill two holes six inches apart on both sides.

String marine-grade rope through these holes to create handles for easy movement.

Place it overtop to protect the sandbox. Your sandbox is now complete and ready for fun!

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URBANE
BY COTTSWOD INTERIORS

Opposites attract

- Before moving in together, this art duo had completely different tastes
 - Alessandro Codagnone preferred a sparse aesthetic, while John Lovett liked things crowded and busy
 - Together, they've built a look they call 'minimal, but eclectic'



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GLOBAL SPACES



- NAME: Lovett/Codagnone
- CITY: West Village, New York City
- OCCUPATION: Contemporary artists
- THE SPACE: A multi-leveled loft in an old glove factory.



"Some of our favourite pieces are found objects from the streets of New York. But now, John is like, don't bring anything home from the street because of the bed bug problem in the city."

KASHISH DAS SHRESTHA



THE ART

"Most of the art on the walls was either made by us or our friends. I love this little sculpture of the cowboy on a horse the best. John made it when he was a little boy."



When seafood becomes the star in pasta dishes

► Use freshly cooked crab for this Angel Hair Pasta with Jalapeno & Mint

If you're lucky, you've never known a world without olive oil or a time when Parmesan cheese only came in green cans.

But there was such a world. Once stigmatized as the cuisine of "garlic eaters," Italian food and its

ingredients were almost impossible to find in North America 40 years ago.

"Certain foods were so associated with lower-class people that it was a way of keeping those people and their food in their place," says John Mariani, author

of *How Italian Food Conquered the World*.

But as increased travel and waves of new immigrants coaxed Americans to be more adventurous, Italian food found its way onto American tables — and into their hearts. During the 1960s and '70s, retailers began marketing "healthy" Italian ingredients, such as olive oil. And during the 1980s, big-name chefs like Wolfgang Puck adapted and enhanced foods like pizza, giving them culinary credibility and pushing them into the mainstream.

"Italian food appeals to such a broad spectrum," says Jonathan Waxman of the New York restaurant Barbuoto. "It appeals to kids, snobby people, rustic diners. It appeals to big groups, or an elegant dinner. It goes the full gamut."

Waxman's new book, *Italian My Way*, adapts

the simplicity, seasonality and, most of all, the spontaneity of Italian dishes to American sensibilities.

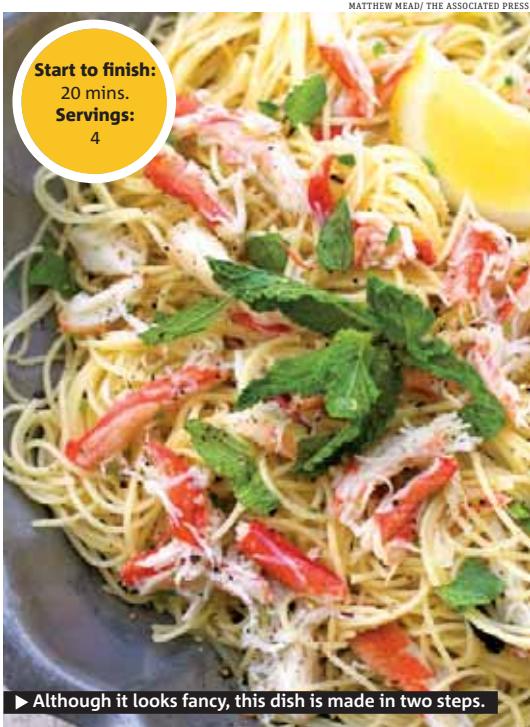
Among the recipes is this Angel Hair Pasta with Crab, Jalapeno and Mint.

Preparation:

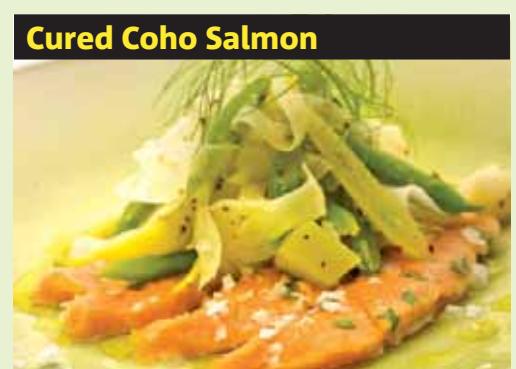
1 In bowl, combine crab meat, jalapeno, garlic, mint, butter. Set aside.

2 Bring a large saucepan of salted water to a boil. Cook pasta according to package directions, about 3 minutes. When pasta is al dente (still slightly firm at the centre), do not strain. Use tongs or a slotted spoon to scoop out pasta and add it to crab mixture. Toss, then add lemon juice. Season with salt.

**THE ASSOCIATED PRESS/
ITALIAN MY WAY BY
JONATHAN WAXMAN (SIMON &
SCHUSTER, 2011)**



► Although it looks fancy, this dish is made in two steps.



2 In a pot, place potatoes and mint. Cover with water and add salt to taste. Bring to simmer and cook until tender. Drain, discarding mint, and let cool. Into bowl, dice potatoes. Add beans and fennel.

3 In bowl, mix olive oil, lemon juice, mustard and parsley. Gently toss with potatoes, beans and fennel. Season to taste. To serve, remove salmon from citrus juice and divide equally among plates, placing slices flat. Sprinkle with salt and drizzle with oil. Place salad on top of salmon and serve. **THE ASSOCIATED PRESS/ BC SALMON MARKETING COUNCIL**

Ingredients:

Cured Coho Salmon

- 12 fresh mint leaves, torn
- 90 ml (6 tbsp or 3/4 stick) unsalted butter, cut into small pieces
- 500 g (1 lb) angel hair pasta
- Juice of 1 lemon
- Salt, to taste

Fennel, Bean & Potato Salad

- 4 to 6 new potatoes, washed
- 1 sprig fresh mint
- Sea salt

- 250 g (1/2 lb) green and yellow beans, trimmed, cored and thinly shaved
- 1 bulb fennel, green fronds removed, trimmed, cored and thinly shaved
- 90 ml (6 tbsp) extra-virgin olive oil
- Juice of 1 lemon
- 5 ml (1 tsp) grainy mustard
- 60 ml (4 tbsp) coarsely chopped Italian parsley
- Freshly ground black pepper
- Sea salt
- Cold pressed grapeseed oil or extra-virgin olive oil

► What's your fish of choice? ► Any variety works in this pasta salad

Preparation:

1 In a large bowl, combine olive oil, lime juice and zest and cayenne pepper, if using. Set aside 30 ml (2 tbsp) of this mixture to brush on fish while cooking.

2 Preheat barbecue to medium-high. Cook fish for 3 to 5 minutes per side depending on fish selected and how you like it done. Brush with reserved dressing occasionally. Season with salt and pepper.

3 Add cooked pasta, cucumber, tomatoes and capers to dressing in large bowl. Toss well. Add arugula and cheese just before serving. Di-

vide evenly among 4 plates or soup plates. Top with grilled fish.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

THE CANADIAN PRESS H/O



► This recipe serves four.

Ingredients:

- 75 ml (1/3 cup) olive oil
- 75 ml (1/3 cup) lime juice
- 15 ml (1 tbsp) lime zest
- 2 to 5 ml (1/2 to 1 tsp) ground cayenne pepper (optional)
- 500 g (1 lb) salmon, halibut or tilapia
- 1 l (4 cups) cooked orzo or other small pasta
- 375 ml (1 1/2 cups) finely diced cucumber
- 375 ml (1 1/2 cups) cherry tomato halves
- 30 ml (2 tbsp) drained capers
- 750 ml (3 cups) arugula or baby spinach
- 140 g (5 oz) havarti cheese, cubed
- Salt and freshly ground pepper, to taste

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4 sports

Quoted



"I hate him and will never respect him."

PITTSBURGH STEELERS LINEBACKER JAMES HARRISON'S COMMENTS ON NFL COMMISSIONER ROGER GOODELL IN THE AUGUST ISSUE OF MEN'S JOURNAL. HARRISON, WHO ALSO CALLS GOODELL A "CROOK" AND A "DEVIL" IN THE ARTICLE, HASN'T BEEN SHY ABOUT RIPPING THE LEAGUE AFTER HE WAS DOCKED \$100,000 FOR ILLEGAL HITS LAST SEASON.

"Why don't you quit and do something else, like start your own league in flag football?"

HARRISON, ON WHAT HE WOULD HAVE WHISPERED IN GOODELL'S EAR DURING THE TROPHY CEREMONY HAD HIS STEELERS WON THE SUPER BOWL LAST SEASON.

World Cup. Finalists



► American forward Abby Wambach, second left, is mobbed by teammates after scoring yesterday in Germany.

THE ASSOCIATED PRESS

American women's soccer team partying like it's 1999

The United States kept its fans breathless again. And just like last time, Abby Wambach came up big. The American forward broke a tie with a thunderous header in the 79th minute, and the U.S. are heading to the Women's World Cup final for the first time since 1999 after a 3-1 victory over France yesterday. Wambach also had the game tying goal in the 122nd minute against Brazil in the quarterfinals.

"We've achieved part of our goal. We're in the final," Wambach said. "We want to complete it. We want to be world champs."

Japan will face the U.S. in Sunday's final after a 3-1 win over Sweden yesterday.

Top QBs ready to end lockout

► Deadlines coming up next week to get NFL training camps, preseason started on time

Calling the players' offer "fair for both sides," star quarterbacks Tom Brady, Peyton Manning and Drew Brees — plaintiffs in an antitrust suit against the NFL — said yesterday "it is time" to wrap up negotiations on a deal to end the league's lockout.

Brady, Manning and Brees spoke as a group publicly for the first time with talks in a critical phase, four months into the league's first work

stoppage since 1987. Players and owners met yesterday morning at a Manhattan law office for the latest round of discussions.

Although it seems the sides have agreed on the basic elements of how to split more than \$9 billion US in annual revenues, there are still key sticking points on how to structure a new rookie salary system and what free agency will look like.

"We share the view that now is the time to reach an agreement so we can all get back to football and a full 2011 season."

A STATEMENT RELEASE BY THE NFL YESTERDAY.

In a statement released to The Associated Press via the NFL Players Association, New England's Brady, Indianapolis' Manning and New Orleans' Brees said: "We believe the overall proposal made by the players is fair for both sides

and it is time to get this deal done."

They continued: "This is the time of year we as players turn our attention to the game on the field. We hope the owners feel the same way."

In response, the NFL is

sued a statement saying: "We are working hard with the players' negotiating team every day to complete an agreement as soon as possible."

U.S. Magistrate Judge Arthur Boylan ordered both sides to speak with him in Minneapolis next Tuesday, and the owners have a special meeting set for July 21 in Atlanta, where they could vote to ratify a new deal if one is reached. THE ASSOCIATED PRESS

Clemens' lawyer says DNA evidence was 'manufactured'

Prosecutors said yesterday that needles and cotton balls Roger Clemens' former trainer says he used to inject the star pitcher tested positive for Clemens' DNA and anabolic steroids — evidence the defence said was faked.

Assistant U.S. attorney Steven Durham revealed the results during opening

arguments in Clemens' trial on charges of lying to Congress about using performance-enhancing drugs. Clemens' lawyer Rusty Hardin responded that he won't dispute the needles contain Clemens' DNA and steroids, but accused the trainer Brian McNamee of "mixing" it up. "He manufactured this

stuff," Hardin told jurors. "Roger Clemens' only crime was having the poor judgment to stay connected with Brian McNamee."

Hardin said steroids would have been "incredibly inconsistent with his career and beliefs that there's no way he would have done it."

THE ASSOCIATED PRESS

Sports in brief

Brit sprints to stage victory

TOUR DE FRANCE. Mark Cavendish of Britain won a rainy 11th stage of the Tour de France in a mass sprint yesterday, easily beating Andre Greipel of Germany on the line.

French rider Thomas Voeckler still holds the

leader's yellow jersey. THE ASSOCIATED PRESS

Raps add to coaching staff

NBA. The Toronto Raptors announced yesterday that Johnny Davis and Tom Sterner have been added to new coach Dwane Casey's staff.

They join assistants Eric Hughes, Micah Nori and Scott Roth. THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	55	35	.611	—
New York	53	35	.602	1
Tampa Bay	49	41	.544	6
Toronto	45	47	.489	11
Baltimore	36	52	.409	18

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	47	42	.528	1/2
Chicago	44	48	.478	5
Minnesota	41	48	.461	6/2
Kansas City	37	54	.407	11/2

WEST DIVISION

	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7/2
Oakland	39	53	.424	12

Yesterday's results

No Games Scheduled.

Tuesday's result

All-Star Game — At Phoenix

National League 5 American League 1

Tonight's games

All Times Eastern

Cleveland (Masterson 7-6) at Baltimore (Guthrie 3-12), 7:05 p.m.

N.Y. Yankees (Colon 6-4) at Toronto (Reyes 4-7), 7:07 p.m.

Kansas City (Chen 5-2) at Minnesota (Liriano 5-7), 8:10 p.m.

Texas (D.Holland 7-4) at Seattle (Vargas 6-6), 10:10 p.m.

Soccer

NASL

	GP	W	L	T	GF	GA	Pt
Carolina	15	13	1	1	34	11	40
Edmonton	14	7	4	3	17	14	24
Puerto Rico	15	6	4	5	23	23	23
Minnesota	15	4	4	7	16	15	19
Tampa Bay	15	4	5	6	17	21	18
Fort Lauderdale	16	3	4	9	22	23	18
Montreal	15	2	8	5	12	16	11
Atlanta	15	2	11	2	15	33	8

Last night's results

Fort Lauderdale 1 Montreal 1

Carolina at Edmonton

Sunday's games

All Times Eastern

Atlanta at Montreal, 3:30 p.m.

Tampa Bay at Edmonton, 6 p.m.

Puerto Rico at Minnesota, 8:30 p.m.

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND — FIRST LEG

Yesterday's results

Bangor City (Wales) 0 HJK Helsinki (Finland) 3

Dinamo Zagreb (Croatia) 3 Neftci (Azerbaijan) 0

Linfield (Northern Ireland) 1 BATE Borisov (Belarus) 1

Maccabi Haifa (Israel) 5 Borac Banja Luka (Bosnia-Herzegovina) 1

Malmo (Sweden) 2 Torshavn (Faeroe Islands) 0

Partizan (Serbia) 4 Skendija (Macedonia) 0

Rosenborg (Norway) 5 Bredablik (Iceland) 0

Skenderbeu (Albania) 0 APOEL (Cyprus) 2

Skonto Riga (Latvia) 0 Wisla Krakow (Poland) 1

Sturm Graz (Austria) 2 Videoton (Hungary) 0

Zestafoni (Georgia) 3 Dacia Chisinau (Moldova) 0

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3/2
New York	46	45	.505	11
Washington	46	46	.500	11/2
Florida	43	48	.473	14

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19

WEST DIVISION

	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	—
Colorado	43	48	.473	8/2
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Yesterday's results

No Games Scheduled.

Tuesday's result

All-Star Game

At Phoenix

National League 5 American League 1

Tonight's games

All Times Eastern

Cleveland (Masterson 7-6) at Baltimore (Guthrie 3-12), 7:05 p.m.

N.Y. Yankees (Colon 6-4) at Toronto (Reyes 4-7), 7:07 p.m.

Kansas City (Chen 5-2) at Minnesota (Liriano 5-7), 8:10 p.m.

Texas (D.Holland 7-4) at Seattle (Vargas 6-6), 10:10 p.m.

FIFA WOMEN'S WORLD CUP

Yesterday's results

SEMIFINALS

At Moenchengladbach, Germany

At Frankfurt — Japan 3 Sweden 1

At Sinsheim, Germany

France vs. Sweden, 11:30 a.m.

Sunday's game

CHAMPIONSHIP

At Frankfurt — U.S. vs. Japan, 2:45 p.m.

MLS

Saturday's games

All Times Eastern

Colorado at Seattle, 4 p.m.

Real Salt Lake at Vancouver, 4 p.m.

San Jose at Columbus, 7:30 p.m.

Kansas City at Houston, 8:30 p.m.

Portland at Chicago, 8:30 p.m.

D.C. United at Dallas, 9 p.m.

New York at Chivas USA, 10:30 p.m.

COPA AMERICA

FIRST ROUND

Yesterday's results

At Salta, Argentina

Paraguay 3 Venezuela 3

At Cordoba, Argentina

Brazil 4 Ecuador 2

Tuesday's results

At Mendoza, Argentina

Chile 1 Peru 0

At La Plata, Argentina

Uruguay 1 Mexico 0

TRANSACTIONS

MLB

AMERICAN LEAGUE

CLEVELAND INDIANS—Placed RHP Mitch Talbot on the 15-day DL. Recalled OF Ezequiel Carrera from Columbus (IL).

NEW YORK YANKEES—Agreed to terms with RHP Reinier Casanova and assigned him to the GCL Yankees.

NATIONAL LEAGUE

ST. LOUIS CARDINALS—Agreed to terms with LHP Jaime Garcia on a four-year contract extension.

CFL

LEAGUE OFFICE—Fined Saskatchewan DB Craig Butler an undisclosed amount for an illegal hit on Montreal WR S.J. Green during Saturday's game.

WINNIPEG BLUE BOMBERS—Named Ossama AbouZeid interim chief executive officer.

NBA

INDIANA PACERS—Named Brian Shaw assistant head coach. Retained assistant coach Dan Burke.

NHL

COLUMBUS BLUE JACKETS—Signed C Cody Bass to a one-year contract.

OTTAWA SENATORS—Signed F Mika Zibanejad to a three-year contract.

ST. LOUIS BLUES—Signed F Jonathan Cheechoo to a one-year contract.

WASHINGTON CAPITALS—Resigned C Mathieu Perreault to a one-year contract.

NLL

MINNESOTA SWARM—Traded D Ryan Cousins, A Aaron Wilson, G Kevin Croswell and a 2011 second-round draft pick to Edmonton for 2011 first- and fourth-round draft picks and a 2012 second-round draft pick.

TORONTO ROCK—Traded F Mat MacLeod, D Creighton Reid and the ninth and 14th picks in the 2011 draft to Colorado for F Dan Carey, the 28th pick in the 2011 draft and the rights to Rochester's 2013 first-round draft pick.

MLS

NEW YORK RED BULLS—Signed G Frank Rost.

CYCLING

TOUR DE FRANCE

At Carmaux, France

Stage 11 — 167.5 kilometres

1. Mark Cavendish, Britain, HTC-Highroad, three hours, 46 minutes, seven seconds; 2. Andre Greipel, Germany, Omega Pharma-Lotto, same time; 3. Tyler Farrar, United States, Garmin-Cervelo, s.t.; 4. Denis Galignayev, Russia, Katusha, s.t.; 5. Edvald Boasson Hagen, Norway, Sky Procycling, s.t.; 6. Romain Feillu, France, Vacansoleil-DCM, s.t.; 7. Jose Joaquin Rojas, Spain, Movistar, s.t.; 8. Sebastian Turgot, France, Europcar, s.t.; 9. Francisco Ventoso, Spain, Movistar, s.t.; 10. William Bonnet, France, Francaise des Jeux, s.t.

Canadian — 122. Ryder Hesjedal, Victoria, Garmin-Cervelo, s.t.

OVERALL STANDINGS (after 11 stages)

1. Thomas Voeckler, France, Europcar, 45 hours, 52 minutes, 39 seconds; 2. Luis Leon Sanchez, Spain, Rabobank, one minute, 49 seconds behind; 3. Cadel Evans, Australia, BMC, 2:26; 4. Frank Schleck, Luxembourg, Leopard-Trek, 2:29; 5. Andy Schleck, Luxembourg, Leopard-Trek, 2:37

Canadian — 51. Ryder Hesjedal, Victoria, Garmin-Cervelo, 15:32 behind leader.

TENNIS

ATP MERCEDES CUP

At Stuttgart, Germany

Victor Hanescu, Romania, def. Gael Monfils (FRA), 2-6, 7-6 (7-4), 6-4.

Marcel Granollers, Spain, def. Andreas Seppi (ITA), 6-3, 3-6, 6-1.

Second Round

Pablo Andujar, Spain, def. Albert Montanes, Spain, 2-6, 6-4, 6-3.

Jeremy Chardy, France, leads Santiago Giraldo, Colombia, 2-6, 6-4, 6-3.

Djordje Balijevic, Serbia, def. Daniel Gimelstob, United Kingdom, 6-3, 6-4, 6-2.

Flavia Pennetta (ITA), Italy, def. Agnieszka Radwanska, Poland, 6-3, 6-4, 6-4.

Svetlana Kuznetsova, Russia, def. Ana Ivanovic, Serbia, 6-3, 6-4, 6-4.

Viktor Troicki, Serbia, def. Jarkko Nieminen, Finland, 6-3, 6-4, 6-4.

Andrea Petkovic, Germany, def. Kristina Mladenovic, France, 6-3, 6-4, 6-4.

Johanna Larsson, Sweden, def. Alize Cornet, France, 6-3, 6-4, 6-4.

Ksenia Pervak (RUS), Russia, def. Nastja Kolar, Slovenia, 6-4, 6-7 (6-4), 6-4.

Svetlana Kuznetsova, Russia, def. Agnieszka Radwanska, Poland, 6-3, 6-4, 6-4.

Flavia Pennetta (ITA), Italy, def. Agnieszka Radwanska, Poland, 6-3, 6-4, 6-4.

Svetlana Kuznetsova, Russia, def. Agnieszka Radwanska, Poland, 6-3, 6-4, 6-4.

Flavia Pennetta (ITA), Italy, def. Agnieszka Radwanska, Poland, 6-3, 6-4, 6-4.

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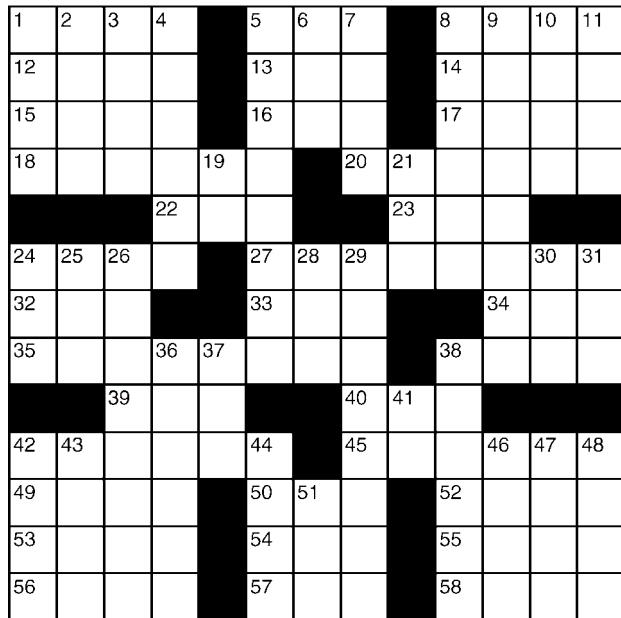
Flavia Pennetta (ITA), Italy, def. Agnieszka Radwanska, Poland, 6-3, 6-4, 6-4.

Flavia Pennetta (ITA), Italy, def. Agnieszka Radwanska, Poland, 6-3, 6-4, 6-4.

Crossword

Across

- Summertime pest
- Leap
- Mountain goat
- Opulent
- Forest bird
- Thailand, once
- From the beginning
- Born
- Taj Mahal city
- Curie or Pompadour
- Straightens
- Trigger's rider
- Scull tool
- Unpaid bill
- Important person
- Baba
- Popular card game
- Greek vowel
- Pre-WWII music-makers
- Kentucky fort
- Dadaist artist
- Baltimore newspaper
- Chalkboard accessory
- Pumps up the volume
- Every last bit
- November responsibility
- Wire measures
- Mainlander's memo
- Verve
- Quarry
- A billion years
- Auctioneer's call

**Down**

- Metric unit
- 1492 vessel
- Served perfectly
- Frustrate
- "South Pacific" song
- Have 24-Across
- Entreaty
- Book before Jeremiah
- 37-Jacks
- Ancient Sumerian city
- Deserve
- Moist
- Opening day?
- 37-Down, for ex.
- Depressed

24 Slight touch

25 Inventor Wallach

26 New York City

28 Third-party abbr.

29 Kate of reality TV

30 Ike's old command

31 Remiss

36 Shamelessly bold

37 Spring seg.

38 Jacks

41 Ancient Sumerian

city

42 Moist

43 Mideast noble

44 Story

46 Unaccompanied

47 List-ending abbr.

48 Tear asunder

51 Zodiac sign

► Yesterday's answer

L	A	M	B	P	J	S	A	D	O	S
I	S	A	Y		I	O	U	T	A	M
D	A	M	P	E	N	E	D	E	M	I
S	P	E	A	R		S	Q	U	A	T
B	I	D	S	G	O	B	I	C	E	L
E	R	A	L	A	P	A	Z	U	K	E
G	E	M	A	R	E	S	A	S	E	A
A	I	M	D	E	E	P				
R	E	G	G	A	E		G	A	F	F
E	V	I	L	D	A	M	O	C	L	E
D	I	N	O	G	N	U	H	E	L	P
S	E	G	O		E	N	D	E	E	L

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20

The approaching full moon will make you emotional over the next 48 hours. Think before you speak.

Taurus April 21-May 21

Do you persevere with a project that's in a rut or do you start again from scratch? Taurus doesn't give up.

Gemini May 22-June 21

You need to be tough with people who waste your time on trivialities.

Cancer June 22-July 22

The approaching full moon will give people the idea that they can boss you around. Don't let it happen!

Leo July 23-Aug. 23

Try not to give other people the impression that you agree with them when you really don't.

Virgo Aug. 24-Sept. 22

This could be a tense and emotional time, so try to keep your more excitable tendencies under control.

Libra Sept. 23-Oct. 23

Affairs of the heart must be handled with kid gloves today, and tomorrow.

Scorpio Oct. 24-Nov. 22

You won't be able to stay in one place today: You've got to get out and about and see, and be seen.

Sagittarius Nov. 23-Dec. 21

The approaching full moon cuts across the money axis of your chart and your cash flow situation.

Capricorn Dec. 22-Jan. 20

If you have doubts about a relationship, give it some thought but don't make any decisions quite yet.

Aquarius Jan. 21-Feb. 18

If you want a break, you must take it. Don't feel guilty: You've done more than your share.

Pisces Feb. 19-March 20

The Sun in Cancer means you're at your most dynamic. ● SALLY BROMPTON

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Sudoku

9			6				2		
	4			7			8		
		8			3		4		
3	2	5	1					8	
7	4			3					
6		5	8						
	3		9				1		

Yesterday's answer ►

1	8	9	2	7	4	5	3	6
7	4	2	5	3	6	1	9	8
6	3	5	9	1	8	7	4	2
9	2	1	8	6	7	4	5	3
8	7	4	3	2	5	9	6	1
3	5	6	1	4	9	2	8	7
4	9	7	6	8	2	3	1	5
2	6	3	4	5	1	8	7	9
5	1	8	7	9	3	6	2	4

A look at the weather

TODAY



Min 16°
Max 22°

FRIDAY



Min 11°
Max 19°

SATURDAY



Min 13°
Max 21°

Michele McDougall

BT BREAKFAST TELEVISION

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Caption contest



"I hear we're expecting acid rain."
MADDY



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!



metro

Send a **KISS**

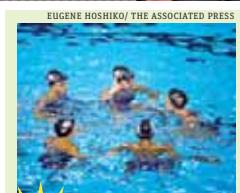
You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

courtney martin
when i first saw you u was so beautiful and then got to know you i believe i found my soul mate with in you for me true love as never been so clear im glad i have you and that heaven is missing an angel because i have you if i ever lost you you are my other half my everything i ever lost you i would lose half of my self i wouldn't be hole with out you <3 NEMO

You, sorry..i know it's tough time for you now. please take care of yourself4 me. Stay strong. Just so you know i am here for you if you need any help. have a lovely day my lov. ME

Wizrd of Oz Love
Good night and sleep tight.Can u feel yr princess? where is the trust hon? i only want to c u sleeping now...ME

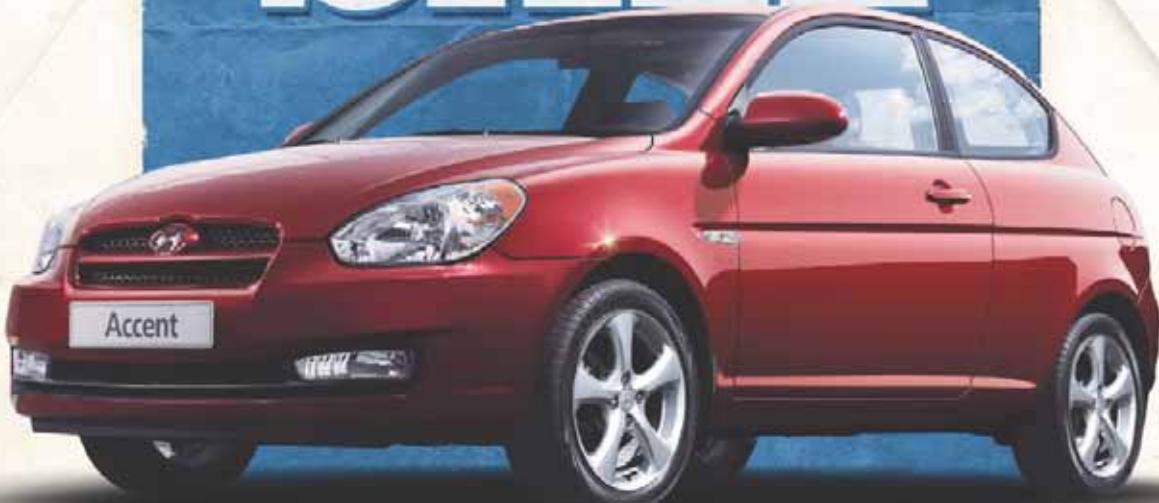
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